

SECTION: CERTIFICATION

SUBJECT: Eligibility Requirement

ITEM: *Women: Dietary*



Policy Participants determined eligible for program benefits based on an indicator of nutrition need shall meet one or more of the dietary criteria listed below.

Basis for policy CFR 246.7(e)

Indicators of need for women All indicators of nutritional need apply to pregnant, non-breastfeeding, and breastfeeding women. Refer to WPM Section 230-10 for information regarding the priority ranks.

Dietary intake criteria Table 1 includes the dietary intake criteria to assess indicators of nutritional need for women. The priority levels are indicated for each category of women, and the ISIS code number and corresponding USDA risk code is provided in the far left column for reference. Please see the “WIC Policy Memorandum 98-9, Revision 1, WIC Nutrition Risk Criteria” for more detail regarding the USDA risk codes.

TABLE 1

ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR PREGNANT WOMEN	PRIORITY FOR BREAST- FEEDING WOMEN	PRIORITY FOR NON- BREAST- FEEDING WOMEN
D10 (401, 422)	Low Intake (typical daily intake of less than the minimum number of servings from one or more of the food groups)	IV	IV	VI
D11 (401, 422)	Low Vitamin A (typical daily intake of less than one serving per day as specified in State nutrition education material; see Table 2 for vitamin A rich food)	IV	IV	VI
D12 (401, 422)	Low Vitamin C (typical daily intake of less than one serving per day as specified in State	IV	IV	VI

ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR PREGNANT WOMEN	PRIORITY FOR BREAST- FEEDING WOMEN	PRIORITY FOR NON- BREAST- FEEDING WOMEN
	nutrition education material; see Table 3 for vitamin C rich food)			
D13 (401, 422)	Low Fruit/ Vegetable (typical daily intake of less than the minimum number of servings)	IV	IV	VI
D14 (401, 422)	Low Breads/ Grains/Cereals (typical daily intake of less than the minimum number of servings)	IV	IV	VI
D15 (401, 422)	Low Milk (typical daily intake of less than the minimum number of servings)	IV	IV	VI
D16 (401, 422)	Low Protein (typical daily intake of less than the minimum number of servings)	IV	IV	VI
D18 (401, 422)	Low Fluid (as determined by local agency nutritionist/registered dietitian)	IV	IV	VI
D19 (401, 422)	Low Fiber (as determined by local agency nutritionist/registered dietitian)	IV	IV	VI
D20 (401, 422)	Low Iron (as determined by local agency nutritionist/registered dietitian)	IV	IV	VI
D90 (401)	High Sugar Intake (as determined by local agency nutritionist/registered dietitian)	IV	IV	VI
D91 (401)	High Fat Intake (as determined by local agency nutritionist/registered dietitian)	IV	IV	VI
D92 (401)	High Sodium/Salt Intake (as determined by local agency nutritionist/registered dietitian)	IV	IV	VI
D93 (420)	Excessive Caffeine Intake (i.e., three or more cups of coffee per day)	N/A	IV	N/A
D100 (402, 403)	Vegan Diets: consumption of plant origin foods only, and eating no animal products, and avoidance of foods made with animal ingredients.	IV	IV	VI

ISIS CODE AND (USDA CODE)	RISK CONDITION/INDICATOR OF NUTRITIONAL NEED	PRIORITY FOR PREGNANT WOMEN	PRIORITY FOR BREAST- FEEDING WOMEN	PRIORITY FOR NON- BREAST- FEEDING WOMEN
D100 (continued)	Highly Restrictive Diets: diets that are very low in calories, severely limit intake of important food sources of nutrients, or otherwise involve high-risk eating patterns.			

**Minimum
number
of
servings**

The local agency shall use nutrition education materials that are consistent with the State approved nutrition education materials. The number of recommended servings and portion sizes for each food group should reflect the number of servings provided by the State WIC Branch nutrition education materials. Dietary risk/indicator of nutrition need shall be determined upon the minimum number of servings and minimum portion size as stated in current nutrition education materials for pregnant women, postpartum women and children ages 1-5.

Vitamin A Table 2 includes a listing of vitamin A rich foods.
rich foods

Fruit	Juice	Vegetables
Apricots Cantaloupe Mango Papaya	Apricot nectar Vegetable juice cocktail	Bok Choy Beet greens Carrots Chard, Swiss Collards Dandelion greens Kale Mustard greens Parsley Peppers: hot, chili Pumpkin Onions, green Spinach Squash, winter Sweet potato Tomatoes, red Yams

Vitamin C Table 3 includes a listing of vitamin C rich foods.
rich foods

TABLE 3

Fruit	Juice	Vegetables
Cantaloupe Grapefruit Guava Kiwi Lemon Mango Orange Papaya Strawberries Tangerine	Orange Grapefruit Lemon Fruit juices enriched with vitamin C Tomato Vegetable juice cocktail	Broccoli Brussel sprouts Cabbage Cauliflower Peppers: hot, chili Peppers: sweet Snow peas Tomatoes: green, red Tomato paste Tomato puree